

**WHAT IS CLAIMED IS:**

1. An anti-snoring composition comprising an anti-snoring effective amount of a solution, comprising a homopolysaccharide at a concentration of from about 0.01 to about 2.5 weight percent, based on the total weight of the solution.

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2. An anti-snoring composition comprising an anti-snoring effective amount of an aqueous solution, comprising a homopolysaccharide at a concentration of from about 0.01 to about 2.5 weight percent, based on the total weight of the solution.

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3. An anti-snoring composition comprising an anti-snoring effective amount of a buffered solution, comprising a homopolysaccharide at a concentration of from about 0.01 to about 2.5 weight percent, based on the total weight of the solution.

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4. The composition of claim 1, wherein the homopolysaccharide is oat beta glucan.

5. The composition of claim 1, further comprising glycerin.

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6. The composition of claim 1, further comprising at least one member of the group consisting of a vitamin, an essential oil and an herbal remedy .

7. The composition of claim 6, wherein said vitamin is Vitamin A, Vitamin B6, Vitamin C, Vitamin E and/or Vitamin F.

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8. The composition of claim 6, wherein said essential oil may be selected from the group consisting of peppermint oil, lemon oil, sunflower oil and eucalyptus oil.

9. The composition of claim 6, wherein said herbal remedy is licorice root extract.

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10. The composition according to claim 1, further comprising slippery elm extract.

11. The composition of claim 1, further comprising polysorbate 20/80.

12. The composition of claim 1, further comprising a liposome carrier for encapsulating at least one member selected from the group consisting of oat beta glucan, lecithin, vitamin B6, vitamin E, vitamin A, vitamin C, vitamin F, licorice root, slippery elm  
5 extract, prickly ash extract, sweet almond oil and hybrid sunflower oil.

13. The composition of claim 1, further comprising purified water.

14. The composition of claim 1 comprising oat beta glucan, purified water,  
10 glycerin, and pyridoxine hydrochloride.

15. A composition according to claim 1 in the form of a spray formulation.

16. A composition according to claim 1 in the form of a throat spray formulation.  
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17. A method of treating nonsurgery-requiring chronic snoring of an individual in need thereof, the method comprising:

administering to the individual's pharyngeal mucous membranes an effective amount of an aqueous buffered solution comprising a homopolysaccharide at a  
20 concentration of from about 0.1 to about 50 weight percent, based on the total weight of the solution.

18. A method of treating snoring in an individual in need of such treatment, comprising administering to the individual an amount of a composition effective to treat  
25 snoring, said composition comprising about 0.1 to 50 wt.% of a homopolysaccharide.

19. A method according to claim 19, wherein the homopolysaccharide is oat beta glucan.

20. A method according to claim 19, wherein the composition is an aqueous solution.  
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21. An anti-snoring composition, comprising water, potassium sorbate, oat beta glucan, glycerin, ascorbic acid, retinyl palmitate, tocopherol acetate, linoleic acid, pyridoxine HCl, extract of prickly ash, extract of slippery elm, extract of licorice root, sweet almond oil, hybrid sunflower, lecithin, peppermint oil, lemon oil, eucalyptus oil, polysorbate 80, polysorbate 20, phenylcarbinol, and disodium EDTA.

22. A method of treating nonsurgery-requiring chronic snoring of an individual in need thereof, the method comprising:

administering to the individual's pharyngeal mucous membranes an effective amount of an aqueous buffered solution comprising water, potassium sorbate, oat beta glucan, glycerin, ascorbic acid, retinyl palmitate, tocopherol acetate, linoleic acid, pyridoxine HCl, extract of prickly ash, extract of slippery elm, extract of licorice root, sweet almond oil, hybrid sunflower, lecithin, peppermint oil, lemon oil, eucalyptus oil, polysorbate 80, polysorbate 20, phenylcarbinol, and disodium EDTA.